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A Day in the Beat

Eat. Sleep. Work. Eat. Sleep. Work. Day in and day out, I perform the same tasks like clockwork. Much like the days of the week proceeding in an orderly manner, the activities within a day also seem to follow a certain rhythm. Much of the time I feel like I walk around in a tired monotonic haze, just going through the motions of my day.

My video project, "A Day in the Beat" condenses the activities of a typical day into a ninety second medley. Through the use of split screens, I present the day's events into three categories: motion, activity, and work. Motion is set to the beat of my alarm clock ringing and consists of the day's travels such as getting out of bed in the morning, biking to class, and walking up the stairs at Mass Ave. Activity is set to the beat of a basketball being dribbled and includes the day's tasks such as exercising, eating, and brushing my teeth. The last category, work, is set to the beat of typing on a keyboard and is comprised of such work-related tasks as writing an e-mail, attending lecture, and studying. The video starts out with just a single motion clip running and slowly adds in the other beats one by one to build up to a climatic cacophony of beats before slowly dropping back to the single alarm clock ringing it first started with.

Through the repetitious beats and actions presented in the video I am trying to convey the monotony and perhaps boredom people may feel going through any typical day. The repetition of beats that every activity follows shows the unchanging quality of a day guided by the same beat. The harsh underlying sound of the alarm clock emphasizes the drudgery of the day. A more subtle detail is the clothes I wear throughout the film. Although my outfits change, a constant use of blue pants, black top, and white shoes further emphasizes the unchanging quality of each day. The video, and the day essentially, starts out slow and becomes more and more

filled with activity which makes it hard for the viewer to focus on just one thing. Through this rising and falling of sound and activity I also wanted to convey the shortness of time in a day, anxiety, and the feeling of being overwhelmed which many people may feel when they have too much to do.